

# Mono County Maternal Child Health Household Survey Report

June 2004

Prepared by:

Doran Consulting  
Swall Meadows. CA

Mono County 2004 Maternal Child Health Household Survey Report  
**Table of Contents**

*EXECUTIVE SUMMARY* ..... 1

*METHODOLOGY* ..... 2

*DEMOGRAPHICS* ..... 2

*HEALTH STATUS* ..... 3

*ALCOHOL, TOBACCO, AND OTHER DRUG USE*.. 4

*HEALTH AND SAFETY HABITS* ..... 4

*HEALTH ACCESS AND INSURANCE*..... 5

*BREAST FEEDING AND BIRTH CONTROL* ..... 6

*EXPERIENCE WITH COMMUNITY SERVICES*..... 6

*SCHOOL READINESS* ..... 7

*FAMILY VIOLENCE* ..... 8

*QUALITY OF COMMUNITY LIFE* ..... 8

*CONCLUSIONS*..... 9

*INDEX*..... 11

## **EXECUTIVE SUMMARY**

---

The 2004 Mono County Maternal Child Health Household Survey was conducted to inform the Health Department about the needs of Mono County's families. Surveys were distributed through schools, child care centers and other community services in an attempt to reach Mono County's families.

Significant health assets revealed by the survey results include:

- + Over 80% of residents rate their own health as good or very good
- + Over 90% of women report having had a PAP test
- + Less than 20% have consumed alcohol on 5 or more days during the previous month
- + Over 90% report limiting their usual alcohol consumption to 1 or 2 drinks
- + 75% of households have no tobacco user in the home
- + Over 80% report 'good' eating habits
- + Over 80% of adults always use their seat belt when driving or riding in a car
- + Over 90% of children always use seat belts
- + Over 80% of children are covered by health insurance
- + 70% of children have had a dental visit within the last year
- + 79% of households report breast feeding their children for at least three months
- + Over 80% of residents rated their communities as safe or very safe for children

Findings that suggest potential health related risks or problems include:

- More than 40% of women do not conduct regular breast self-exams
- Over one-quarter (29%) of women at least 40 years of age have never had a mammogram
- Almost 50% of adults get vigorous exercise less than 3 days per week
- Almost 30% of homes with firearms do not keep them locked
- 33% of adults have no health insurance
- 19% of families reported one or more barriers to getting child care
- 23% of parents reported barriers to getting parent education and support
- 36% of adults reported barriers to seeking mental health services
- Less than 25% of those concerned about suspected child maltreatment reported their concern
- 32% of adults report that their families may not get the right kinds of food, or get enough food to eat
- Over 40% of adults report a concern about gangs now or in the future
- 33% rate their community as fair to very poor in terms of racial/cultural tolerance
- 59% rate their community as poor to very poor in terms of housing affordability
- Less than 50% of families are able to afford the kind of housing they need

## **METHODOLOGY**

---

The Mono County Health Department developed an 82 item survey with the assistance of Doran Consulting and an advisory group with representation from community based organizations and other health and human services agencies. Working from October 2003 to March 2004, survey questions were locally developed from specific community interests, like child care utilization, and selected from established survey instruments such as the Behavioral Risk Factor Surveillance Survey. Constructed as a household survey that also included 11 questions specific to the four youngest children in the respondent's care, the final survey was produced in English and then professionally translated into Spanish.

The primary method of survey distribution was through Mono County schools (mailings to parents of secondary school teachers and take-home handouts through elementary school teachers), WIC, child care centers, Health Department Home Visiting clients, and Latino parent support groups offered by the Eastern Sierra Family Resource Center.

Incentives for survey completion included \$50 for elementary school classrooms, \$25 gift certificates for family child care providers, \$50 gift certificates to center child care providers, and \$1 per Spanish language survey to El Foro Latino, a grass-roots advocacy organization (up to \$350). All returned surveys were also entered into a drawing for one of ten \$50 cash prizes.

812 completed surveys were returned out of approximately 2000 distributed throughout the county. Completed returns included 310 Spanish language surveys.

## **DEMOGRAPHICS**

---

Completed surveys represent approximately 40% of the Mono County households with children under the age of 18, and appear to generally mirror the county population in terms of geographic distribution, race/ethnicity and income representation (based on U.S. Census data). The majority (57%) of surveys come from Mammoth Lakes, with 14% from south County (Long Valley to Paradise), 26% from north County (north of Mammoth Lakes), and 2% from east County (east of Long Valley).

The great majority of respondents (83%) are mothers. Less than 1 in 5 (14%) are women who are pregnant or may become pregnant, and only 8% are fathers. Almost all (83%) respondents are between the ages of 26 and 49, with about one-half (48%) in the 26-39 age group and 35% in the 40-49 age group. Few residents completing the survey are under 26 years of age (9%) or over 50 years of age (8%).

Close to one-half (46%) of all adult residents completing the survey have lived in Mono County for at least 10 years. Almost one-third (30%) have lived in the County for 1 to 5 years, 19% have lived here for 5 to 10 years, and only 5% have lived in the County for less than one year.

Most adult respondents are Caucasian and not Hispanic (56%), followed by Hispanic/Latino (39%) and 5% other races/ethnicities (Native American, Asian/Pacific Islander, African American). The primary household language is most often English (63%), followed by Spanish (32%) and both English/Spanish (6%).

The largest group of children reported in completed surveys were 6 to 10 year olds (37%), followed by 1 to 5 year olds (25%), 14 to 18 year olds (18%), 11 to 13 year olds (16%) and children under one year (4%). Males (51%) and females (49%) were equally represented in survey results. The majority of children are Caucasian and not Hispanic (58%), with 39% Hispanic/Latino and 8% other races/ethnicities.

*More than one-half (56%) of Caucasians have lived in Mono County for 10 or more years, compared to less than one-third (30%) of Latino respondents.*

Almost half (49%) of all adults report that they are employed for wages, with another 31% either self-employed or seasonally employed. More than one in ten (12%) list their employment status as homemaker. About one-fifth (22%) of respondents earn less than \$15,000 a year, with an equal proportion (21%) earning

## Mono County 2004 Maternal Child Health Household Survey Report

annual incomes of \$75,000 or more. Another 20% report annual incomes between \$15,000 and \$25,000, 23% between \$25,000 and \$50,000, and 14% between \$50,000 and \$75,000.

*92% of Latino respondents report household incomes of less than \$35,000 per year, compared to 24% of Caucasians.*

The average number of persons per respondent household is 3.8. Latino respondents are more likely to report one or more children under the age of 6 years (45%) in the household than are Caucasians (34%).

Almost one-third (29%) of respondents have not completed high school. Another 43% have completed high school or have some college education, and 30% have completed college (including graduate school) or vocational/trade school.

*99% of Caucasian respondents have completed high school, compared to 23% of Latino residents.*

### HEALTH STATUS

---

Most survey respondents report that their general health is good (44%) or very good (42%). The 13% who report health that is fair to very poor are mostly Latino (79%), at least 40 years of age (72%), with annual incomes below \$35,000 (85%). Central Mono County (June Lake to Mono City) has the highest percentage of respondents who report less than good health (20%-26%), followed by Walker (19%), and Mammoth Lakes (16%).

Relatively few residents report that they have been diagnosed with Diabetes (5%). More than one-third of adults (34%) have experienced depression during the past month, and 15% have experienced 5 or more days of depression. Communities with higher than average rates of depression lasting 5 or more days among respondents include Lee Vining/Mono City (27%, 11/41), Chalfant/Hammil (22%, 2/9), and Walker (20%, 3/15).

*Respondents reporting annual incomes under \$35,000 are almost twice as likely as those with higher incomes to report depression lasting 5 or more days during the past month.*

Women should have their first Pap test within three years after first sexual intercourse or by age 21. Women should then undergo annual Pap tests up to age 30. Those 30 and older should be checked every two to three years after having three consecutive, normal Pap tests.

Most (90%) women report having had a PAP test . Respondents reporting no PAP test tend to be Latino (97%), under the age of 40 (80%), and have incomes under \$35,000 per year (96%).

While monthly breast self-exams are no longer recommended by the American Cancer Society, it is still strongly recommended that women be aware of what their breasts normally feel like and look like, to be attuned to any change and to bring any change to the attention of their doctor.

About equal proportions of women report that they do (43%) and do not (45%) conduct regular breast self-exams. Respondents reporting that they do not conduct regular breast self-exams are mostly Caucasian (54%), under 40 years of age (63%), with annual incomes under \$35,000 (56%). Respondents in south Mono County (Long Valley to Paradise) are least likely to report regular breast self-exams (46%-57%), followed by June Lake and Mammoth Lakes (41%), and Topaz/Coleville and Bridgeport (35%).

*Women who do not know how to perform breast self-exams tend to be Latino, under 40 years of age, and in households with annual incomes under \$35,000.*

## Mono County 2004 Maternal Child Health Household Survey Report

The federal government recommends that women should start regular mammogram screenings at age 40 to decrease their chances of dying from breast cancer. Over one-quarter (29%) of women at least 40 years of age have never had a mammogram. Almost one-third (32%) had their last mammogram within the past year, and 38% had their last PAP test over one year ago. Walker has the highest percentage of women at least 40 years old who have never had a mammogram (45%, 5/11), followed by Lee Vining/Mono City (44%, 7/16) and Mammoth Lakes (34%, 53/158).

*Latino women and women with annual incomes under \$35,000 are less likely to have ever had a mammogram.*

More than one-third (36%) of women report that fear, cost, or the distance to a provider are barriers to obtaining a Mammogram.

### **ALCOHOL, TOBACCO, AND OTHER DRUG USE**

---

A relatively low level of alcohol consumption was reported by the majority of respondents. No alcohol was consumed during the past month by 50% of the respondents, with another 31% consuming alcohol on 5 or less days during the month.

*Less than one in ten (8%) respondents report consuming alcohol on 20 or more days during the previous month.*

When consuming alcohol, almost all respondents (91%) report usually having only 1 or 2 drinks. Only 9% report usually having 3 or more drinks on the days they consumed alcohol. Approximately one in seven (14%) respondents report having 5 or more drinks on at least one occasion during the past month.

*Caucasian respondents are more likely to report consuming 3 or more drinks when they use alcohol.*

One quarter (25%) of households have one or more tobacco users in the home (includes cigarettes, chew, pipes and cigars). Communities with the highest percentage of responding households that report one or more tobacco users are Walker (75%, 12/16), Chalfant/Hammil (70%, 7/10), and Coleville/Topaz (47% 23/49).

*Caucasian respondents are more likely to report some kind of tobacco use in their home.*

Illegal drug use was reported by only 2% of survey respondents. Most parents first talked to their children about the dangers of drugs and alcohol when they are in elementary school (70%). One-quarter (25%) of responding parents report not (yet) talking to their kids about drugs and alcohol.

*Caucasian respondents are less likely to have talked to their children about the dangers of drugs and alcohol.*

### **HEALTH AND SAFETY HABITS**

---

The great majority (80%) of respondents report that their families eat vegetables, fruits and dairy at least 5 times a week.

*Latino respondents with incomes under \$35,000 per year are less likely to report eating fruits, vegetables and dairy at least 5 times a week.*

## Mono County 2004 Maternal Child Health Household Survey Report

Most respondents (84%) report always using seat belts when they drive or ride in a car. Respondents who report not always using seat belts tend to live in either Mammoth Lakes (67% ) or Bridgeport (10%), are mostly female (94%), Latino (59%) and have incomes under \$35,000 (68%).

More than one-half (51%) of respondents report vigorous exercise for 3 or more days a week.

*Caucasian respondents and those with incomes of at least \$35,000 per year are more likely to report vigorous exercise for at least 3 days per week.*

Dental visits within the last year were reported by 56% of survey respondents, while 27% reported not having a dental visit within the last 2 years.

*Latino respondents, respondents with annual incomes below \$35,000, and respondents under 40 years of age are less likely to report a recent dental visit.*

Almost one-half (47%) of respondents report not allowing smoking in the home, and another 38% allow smoking only outside of the home. Even a higher percentage (86%) of respondents report never allowing smoking in their car.

Only 11% of residents report that they have driven after drinking alcohol. However, about twice as many (21%) report having ridden in a car after the driver had been drinking.

Close to one-third (30%) of households represented by a completed survey have one or more firearms. The large majority (72%) of households have their firearms stored in a locked container or place.

The average age of children in the home is about the same whether homes have guns locked or unlocked. However, homes with guns unlocked are somewhat less likely to have children in the home under the age of 13 (56%) compared to homes with guns locked (67%).

*Caucasian respondents and those with annual incomes of at least \$35,000 per year are less likely to have their guns stored in a locked location.*

Close to two-thirds (64%) of children reportedly exercise or play vigorously 3 or more days each week, while 26% did so less than 3 days a week, including never. Children with low levels of reported exercise are more likely to be Latino (64%) and in families with annual incomes under \$35,000 (67%).

Virtually all (91%) children use seat belts, car seats or booster seats when they ride in a car. Those not always using restraints are more likely to be Latino (73%) and in lower income families (85%).

*A large percentage (70%) of Mono County children have had a dental visit within the past year.*

The likelihood of having a dental visit within the past year increases with the child's age: 24% of children under 3 had their last dental visit within a year, 67% of children ages 3 to 5 had their last dental visit within a year, 78% of children 6-12 had their last dental visit within a year, and 77% of children over 12 had their last dental visit within a year.

*Only 28% of children under 3 years have had at least one dental visit.*

### **HEALTH ACCESS AND INSURANCE**

---

Two-thirds (66%) of respondents report that they have health insurance (for themselves). Most respondents without health insurance report that they can't afford insurance or their employer doesn't provide insurance (69%). Close to one-half of those without health insurance are employed for wages (49%), while 28% are seasonal employees and 8% are self-employed.

## Mono County 2004 Maternal Child Health Household Survey Report

*Latino residents and those with incomes under \$35,000 per year are less likely to have health insurance.*

Less than one-half (47%) of respondents report that they have one place or person that they think of as their regular family doctor or health care provider. One in five (19%) respondents report that they have more than one place, while 31% report that they have no place they think of as their regular provider.

*Caucasian respondents with incomes of at least \$35,000 are more likely to report they have one place they think of as their regular health care provider.*

When they are sick, most respondents go to a doctor's office or clinic (75%). A small percentage of respondents go to a public health clinic (7%) or to an emergency room (10%) when they are sick.

Only a small percentage (15%) of respondents report that they have not been able to get needed health care for themselves or for one of their children during the past year. The reasons health care could not be accessed included cost (60%), lack of transportation (22%), or distance to a provider (4%). The majority (76%) of those reporting that cost, transportation, or distance were reasons they could not access needed health care are Latino with incomes under \$35,000 per year. Over 75% of these respondents live in either Mammoth Lakes (66%) or Bridgeport (11%).

*Latino respondents, those with incomes under \$35,000 per year, and adults under 40 years of age are more likely to report a time when they couldn't get health care.*

Parents who completed surveys report that the great majority (82%) of children are covered by health insurance. Households with at least one child without health insurance are mostly Latino (74%), with annual incomes under \$35,000 (84%). Parents also report that almost all (91%) children go to a doctor's office or clinic when sick.

About one in seven (14%) 2 and 3 year olds had no well-child visit within the past year (annual well-child visits are recommended for this age group). More than one-third (36%) of one year olds had less than 3 well-child visits in the past year (it is recommended that children have at least 5 well-child visits in their first year). The majority of these children are Latino (62%) and are in low income families (73%). Approximately 80% of these children have health insurance.

### **BREAST FEEDING AND BIRTH CONTROL**

---

The survey indicates that most (79%) parents have breastfed their children for three or more months. The majority of respondents (55%) also report that they currently use some form of birth control. Those that are not using birth control report that they are not currently sexually active (22%), are trying to get pregnant (6%), or are relying on their partner for birth control (17%).

### **EXPERIENCE WITH COMMUNITY SERVICES**

---

Respondents reported needing child care services (66%, n=536), mental health services (22%, n=176), health services (75%, n=608), alcohol/drug and tobacco treatment or prevention services (8%, n=68), parent support and education services (29%, n=234), and social services (25%, n=207).

For those who have needed child care, 81% received what they needed and 19% experienced some barrier to obtaining child care. Communities with above average percentages of respondents reporting some barrier to obtaining child care are Benton (50%, 3/6), Lee Vining/Mono City (39%, 18/46), Bridgeport (34%, 23/68), and Paradise/Swall Meadows (29%, 6/21).

## Mono County 2004 Maternal Child Health Household Survey Report

*Race and income level are not strongly associated with the likelihood of reporting barriers to obtaining child care.*

Respondents seeking health services were most often able to get the services they needed (82%), while 18% report experiencing some barrier to health care access. Communities with above average percentages of respondents needing health care services and reporting some barrier are Benton (33%, 1/3), Bridgeport (32%, 15/47), Coleville/Topaz (31%, 11/36), Walker (29%, 4/14), Chalfant/Hammil (29%, 2/7) and Lee Vining/Mono City (25%, 8/32).

*Caucasian and Latino respondents are equally likely to report barriers to receiving health care.*

Parent support and education services were successfully accessed by 77% of the respondents seeking these services, with 23% reporting some barrier. Communities with above average percentages of respondents needing parent education and support services and reporting some barrier are Chalfant/Hammil (100%, 2/2) Benton (67%, 2/3), Walker (40%, 2/5), Coleville/Topaz (36%, 5/14), Lee Vining/Mono City (29%, 2/7), Bridgeport (27%, 4/15), and Paradise/Swall Meadows (25%, 2/8).

*Caucasians are somewhat more likely to report barriers to receiving parent support and education services.*

While the majority (66%) of respondents needing mental health services experienced no service barrier, as many as 36% reported some barrier to receiving care. Communities with above average percentages of respondents needing mental health and reporting some barrier are Benton (75%, 3/4), Coleville/Topaz (71%, 5/7), Chalfant/Hammil (50%, 1/2), Sunny Slopes/Tom's Place (50%, 1/2), Bridgeport (46%, 6/13).

*Caucasian respondents are more likely to report one or more barrier to receiving mental health services.*

Less than 10% of respondents report needing treatment or prevention services related to alcohol, drugs, or tobacco. Of those needing services, 62% received what they needed while 38% report experiencing some barrier.

Most (73%) respondents needing social services were likely to receive what they needed, while 27% reported some barrier to receiving services. Communities with above average percentages of respondents needing social services and reporting some barrier are Chalfant/Hammil (50%, 1/2), Bridgeport (47%, 8/17), Coleville/Topaz (31%, 4/13), and Mammoth Lakes (30%, 34/113).

*Caucasian respondents and those earning at least \$35,000 per year are somewhat more likely to report a barrier to receiving social services.*

### **SCHOOL READINESS**

---

The majority (63%) of parents completing a survey report that they sing songs or tell stories to their children at least 3 times a week. More than one-third (35%) report singing songs or telling stories to their children less than 3 times a week or never. A similar proportion of parents (66%) report reading or showing pictures to their child at least 3 times a week. One-third (33%) of responding parents report reading or showing pictures to their child less than 3 times a week, including never.

*Latino respondents and respondents with annual incomes below \$35,000 are less likely to report singing or telling stories and reading or showing pictures to their children at least 3 times a week.*

## Mono County 2004 Maternal Child Health Household Survey Report

The majority of households have at least one child who attended licensed child care (14%) or preschool/Head Start (47%) on a regular basis before entering kindergarten. When licensed child care was not used, the reasons reported by parents included a preference for using friends, family or neighbors (78%), child care was not available (10%), and concerns about the cost or the quality (8%).

Approximately 70% of the parents who report that they used unlicensed child care due to personal preference are Latino - 88% of Latino respondents reported this reason for regularly using unlicensed child care, compared to 59% of Caucasian respondents.

*Respondents who report not having child care available tend to be Caucasian and have annual incomes of at least \$35,000.*

### **FAMILY VIOLENCE**

---

About one in seven (14%) residents completing a survey report having witnessed a child being physically or emotionally harmed during the past year. Of these, only 24% reported the incident to Child Protective Services or to law enforcement. Reasons given for not reporting suspected child abuse include not being sure a report was called for (31%), fear of retaliation (13%), not knowing how to report (33%), and not being sure that a report would help (15%).

*Latino and lower income respondents are less likely to know how to report suspected child abuse.*

Approximately one in five (21%) respondents report having been in a relationship at some time with an intimate partner where some form of violence occurred. Most respondents who report some history of violence in family relationships were Caucasian (63%), have annual incomes under \$35,000 (60%), and are under 40 years of age (53%). Almost all (92%) are female.

*Race, income, and the respondent's age are not strongly related to the likelihood of reporting some history of family violence.*

Communities with higher than average percentages of respondents reporting some history of family violence include Walker (56%, 9/16), Chalfant/Hammil (44%, 4/9), Sunny Slopes/Tom's Place (33%, 3/9), Bridgeport (28%, 18/64), and June Lake (26%, 9/34).

About half as many (11%) respondents report being frightened or concerned for their safety or the safety of their family during the past year because of anger, threats or the behavior of a partner or former partner. The majority of these adults are Latino (71%), have annual incomes below \$35,000 (84%), and under 40 years of age (67%). More than three-quarters (77%) of these respondents live in either Mammoth Lakes or Bridgeport.

### **QUALITY OF COMMUNITY LIFE**

---

More than two-thirds (68%) of respondents report that they have enough food to eat. Those who report not always having the right kinds of food, or not always having enough food to eat, tend to be Latino (70%), under 40 years of age (71%), with annual incomes under \$35,000 (85%).

Communities with the highest percentage of respondents not reporting enough food to eat include Bridgeport (42%, 29/66), Chalfant/Hammil (42%, 4/9), and June Lake (42%, 15/34), Mammoth Lakes (38%, 163/443) and Walker (37%, 6/16).

Communities were rated as safe for children by 82% of respondents. Communities with the highest percentage of uncertain or unsafe ratings include Benton (33%, 2/6), Bridgeport (26%, 17/66), June Lake (24%, 8/34), Sunny Slopes/Toms Place (22%, 2/9), and Mammoth Lakes (21%, 92/447).

## Mono County 2004 Maternal Child Health Household Survey Report

More than 80% of adults rate employment opportunities in the county as fair to very good. Caucasians are more likely to rate the county poorly on employment opportunities than are Latino adults.

Less than one-half (43%) of surveys indicate a concern about gangs, now or in the future. However, while only 24% of Caucasian respondents are concerned about gangs, close to three-quarters (73%) of Latino respondents are concerned about gangs. Communities with the highest percentage of respondents with concerns about gangs include June Lake (53%, 18/34), Mammoth Lakes (50%, 228/456), and Bridgeport (47%, 32/68).

*Latino respondents and those with annual incomes under \$35,000 per year are more likely to be concerned about gangs.*

Community tolerance for people of different races or cultural backgrounds was rated as good by 67% of survey respondents, while 33% rated their community as fair to very poor. Communities with the highest percentage of respondents reporting fair to very poor community tolerance include Benton (83%, 5/6), Sunny Slopes/Tom's Place (44%, 4/9), and Crowley Lake/Long Valley (40%, 32/81).

*Ratings of community tolerance are not strongly related to race or income level.*

Only 15% of survey respondents rate the availability of affordable housing in their community as good, while 59% rate their community as poor to very poor on this characteristic. 70% of Caucasian respondents and 44% of Latino respondents rate their community as fair to very poor on the availability of affordable housing.

*Caucasian respondents and respondents with annual incomes of at least \$35,000 are more likely to rate the availability of affordable housing in their community as fair to very poor.*

Communities with a high percentage of respondents who rate their communities as fair to very poor in terms of affordable housing include Paradise/Swall Meadows (81%, 17/21), Toms Place/Sunny Slopes (78%, 7/9), Crowley Lake/Long Valley (78%, 62/80), Lee Vining/Mono City (66%, 29/44), and Mammoth Lakes (63%, 275/439).

Less than one-half (49%) of residents report that they are able to afford the kind of housing that they need. Almost one-quarter (25%) report that finding and affording housing is a 'huge' problem for their family. Another 26% report that they can't find what they really need or that finding and affording housing is a problem. 31% of Caucasian respondents and 87% of Latino respondents report that they cannot afford the housing they need.

*Caucasian respondents, those with annual incomes above \$35,000, and adults at least 40 years of age are more likely to report that they can afford the kind of housing their family needs.*

Communities with a high percentage of respondents who report not being able to afford the housing they need include Bridgeport (66%, 43/65), June Lake (64%, 21/33) and Mammoth Lakes (61%, 270/443).

## **CONCLUSIONS**

---

Results of the 2004 Mono County Maternal Child Health Survey suggest that Mono County parents typically consider themselves to be healthy. Most have insurance to help pay for the cost of medical care for themselves and for their children. The majority of Mono County families get enough to eat and frequently include fruits, vegetables and dairy in their diet. Drinking in moderation appears to be the norm, and Mono County homes are usually 'tobacco free'. Almost all adults wear seat belts when they drive or ride in a car and the great majority of homes with guns keep them locked.

## Mono County 2004 Maternal Child Health Household Survey Report

Potential health issues surfaced by the survey are frequently linked to income level and ethnicity, and sometimes with age. Many women are not having PAP tests and Mammograms as frequently as recommended. The data show that Latino women and lower income women are less likely to report having a Mammogram or a PAP test, as are women under 40.

Numerous adults are not exercising vigorously for 3 or more days each week. Those who are least likely to get regular exercise are lower income Latino adults. Many families have no health insurance and are experiencing problems accessing health care. Latino and low income adults are less likely to have health insurance and are more likely to report having problems getting health care. Latino adults are also more likely to worry about gangs and to rate their community as less than safe for their children.

More than one-third of those who sought mental health services encountered barriers, and 50% of those who experienced fifteen or more days of depression in the past month report barriers to receiving mental health services. Caucasian adults are more likely to report having problems getting mental health services, and are also more likely to report having problems getting social services. Caucasian adults are more likely to have three or more drinks when they consume alcohol, and to have a tobacco user in their home.

Some issues appear to impact Mono County families regardless of ethnicity or income. Ethnicity is not a significant predictor of who will experience depression, although lower income adults are more likely to report 5 or more days of feeling sad or depressed. Ethnicity and income appear to play no significant role in terms of who has experienced domestic violence in a past relationship, who will have problems getting child care services, or how adults rate their community's tolerance toward people of different cultures.

Finally, the survey data reinforce what is already understood about disparities between Mammoth Lakes (and vicinity) and outlying Mono County communities. While small response numbers make the meaning of percentages somewhat suspect, some clear geographic trends emerge. Outlying communities typically have higher reported rates of 'poor' health, depression, tobacco use, domestic violence, and difficulties accessing community services (health care, child care, parent support, mental health).

The information gleaned from the 2004 survey of Mono County households will be used to guide the Health Department's 5-year Maternal Child Health planning process. Analysis of this data can improve the Department's health education and prevention efforts, and will provide a baseline against which progress can be measured in subsequent community assessments.

Mono County 2004 Maternal Child Health Household Survey Report  
**Index**

**ALCOHOL, TOBACCO, AND OTHER DRUG USE, 4**

*availability of affordable housing, 9*

**BREAST FEEDING AND BIRTH CONTROL, 6**

*breast self-exams, 3*

*child care, 6*

*Community tolerance, 9*

*concern about gangs, 9*

**DEMOGRAPHICS, 2**

*Dental visits, 5*

*depression, 3*

*Diabetes, 3*

*eating habits, 4*

*employment opportunities, 9*

*enough food to eat, 8*

*exercise, 5*

**EXPERIENCE WITH COMMUNITY SERVICES, 6**

**FAMILY VIOLENCE, 8**

*firearms, 5*

*general health, 3*

*guns locked, 5*

**HEALTH ACCESS AND INSURANCE, 5**

**HEALTH AND SAFETY HABITS, 4**

*health insurance, 5*

*health services, 7*

**HEALTH STATUS, 3**

*Illegal drug use, 4*

*mammogram screenings, 4*

*mental health services, 7*

**METHODOLOGY, 2**

*Pap test, 3*

*Parent support and education services, 7*

**Quality of Community Life, 8**

*safe for children, 8*

**SCHOOL READINESS, 7**

*seat belts, 5*

*smoking in the home, 5*

*smoking in their car, 5*

*social services, 7*

*tobacco users in the home, 4*

*treatment or prevention services, 7*